



MENU PLAN



Winter Vacation Care: 9th – 13th July 2018

	Breakfast	Morning Tea	Lunch	Afternoon Tea	Snack
M	Toast (Toast options: Wholemeal bread with Vegemite, honey, jam, margarine)	Excursion BYO	Excursion BYO	Ham & Cheese Sandwiches D: No cheese GF: GF Bread V: No ham	Apple slices & carrot sticks with dips D: no tzatziki
T	Cinnamon Toast (Toast options: cinnamon, margarine, honey)	Yoghurt & Berries D: Soy milk	Make your own pizzas D: no cheese GF: Gluten free base V: beans, no meat	Pita bread, vegetable sticks and dips D: no tzatziki GF: GF crackers	Popcorn and watermelon
W	Toasties GF: GF bread V: beans, no ham D: no cheese	Excursion BYO	Excursion BYO	Yoghurt, fruit and muesli D: soy milk GF: gluten free muesli	Milo & Veggie sticks D: Soy Milk GF: Sustagen
T	Porridge (Options: banana, berries, honey) GF: GF toast with porridge toppings	Pikelets with yoghurt and fruit toppings (Options: banana, berries, honey, yoghurt) GF: GF pikelets D: Dairy free pikelets, no yoghurt	Make your own Mexican Lunch GF: Gluten free wraps D: no cheese V: beans, no chicken	Cheese Quesadillas (Options: Beans, Cheese, Spinach) GF: GF Wraps D: No Cheese	Vegetable sticks and dips D: No tzatziki
F	Crumpets (Options: margarine, honey, jam, vegemite) GF: GF bread	Antipasto platter GF: gluten free crackers D: no cheese, V: no meat	Chicken pasta bake GF: gluten free pasta D: no cheese V: beans, no chicken	Pear apple oat muffins and fruit GF: GF slice D: Dairy free slice	Yoghurt & Peaches D: Soy milk



MENU PLAN

Winter Vacation Care: 16th – 20th July 2018



	Breakfast	Morning Tea	Lunch	Afternoon Tea	Snack
M	Toast (Toast options: Wholemeal bread with Vegemite, honey, jam, margarine)	Excursion BYO	Excursion BYO	Sandwiches (Options: tuna & lettuce, turkey & cranberry) GF: GF bread V: No turkey/tuna	Yoghurt and berries D: soy milk
T	Yoghurt and muesli D: soy milk GF: gluten free muesli	Garlic Bread & Vegetable Sticks with dips D: no tzatziki GF: GF bread	Spaghetti Bolognese D: no cheese V: beans Bolognese sauce GF: GF pasta	Banana bread and fruit platter GF: GF slice	Milo D: soy milk GF: nesquik
W	Porridge (Options: banana, berries, honey) GF: GF toast with porridge toppings	Fruit yoghurt wraps D: no tzatziki GF: GF bread	Sloppy Joes D: no cheese V: beans, no mince GF: GF bread roll	Corn on the cob and vegetable sticks with dips D: no tzatziki	Cheese crackers GF: GF crackers D: ham, no cheese
T	English muffins (Options: Muffins with Vegemite, honey, jam, margarine)	Excursion BYO	Excursion BYO	Ham & Cheese Sandwiches GF: GF bread D: No cheese V: No ham	Fruit & Vegetable Platter with crackers GF: GF crackers
F	Toast (Toast options: Wholemeal bread with Vegemite, honey, jam, margarine)	Yoghurt, Fruit and Muesli D: Soy milk GF: GF Muesli	Make your own wraps D: No cheese V: beans, no chicken	Mac & Cheese Muffins GF: GF pasta V: No ham D: No Cheese	Vegetable sticks and dip D: no tzatziki

Chicken pasta bake: Boil macaroni pasta while baking chicken breasts in the oven. When chicken is ready, slice up into small pieces. Mix milk, reduced fat evaporated milk, onions and garlic in a saucepan to make a sauce. The mix pasta, chicken, grated carrot and cream sauce in baking dishes, top with cheese and bake in oven for 15 minutes

Pear & Apple muffins: <http://www.thebitingtruth.com/project/pear-apple-oat-muffins/>

Mac & Cheese Muffins: Boil macaroni pasta. Once water has boiled, drain and add reduced fat evaporated milk until boiling, then add in grated cheese until it forms a creamy sauce (1-2 minutes). Take off the heat and set aside. In a bowl mix ham, onion, grated zucchini and add to the macaroni pasta mix, stir to combine. Pour into muffin tins and bake for 10-15 minutes.

Sloppy Joes: We could prepare the mince the day before when making the spaghetti Bolognese so it is ready to go

Fruit yoghurt wraps: We have made this one before – wraps with a spread of yoghurt, a little sprinkle of brown sugar and some defrosted frozen berries, folded up. Serve in a bowl as sometimes gets messy when kids are eating

Banana bread: make this recipe minus the walnuts in the topping <http://bodyfusion.com.au/blogbodyfusiondietitiansydney/2018/5/29/spiced-banana-oat-loaf>